



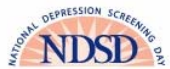
Screening for Mental Health, Inc.

***Help For Returning Veterans
and Their Families***



Who is Screening for Mental Health, Inc?

- Nationally recognized 501(c)(3) organization whose mission is to advance and support mental health screening (self-assessment) and referral
- Provider of In-Person and Online Screening Programs:



Mental HealthScreening

NASD

National Alcohol Screening Day

Military Mental Health Self-Assessment Program



Feeling Disconnected?
Sad? Stressed? Angry?
Drinking too Much?

Put the pieces together with an
anonymous self-assessment.

www.MilitaryMentalHealth.org
Online. 24/7.

For families and service members affected by deployment.



The Military Mental Health Self-Assessment Program

- Anonymous, self-directed
- Screening and referral for co-occurring mental health and alcohol disorders
- Online and in-person
- For family members and service personnel affected by deployment and mobilization
- Available to 1.5 million people worldwide



The Military Mental Health Self-Assessment Program

Online and In-Person Screenings for:

- Depression
- Post Traumatic Stress Disorder
- Anxiety Disorder
- Bipolar Disorder
- Alcohol Problems



The Military Mental Health Self-Assessment Program

Online Screening

- Available 24/7 at www.MilitaryMentalHealth.org
- Provides referrals to TriCare, Vet Centers Military OneSource, and Deployment Health



Preliminary Results:

Online Screening - Depression

Symptoms Consistent with Depression: 61%

Age

- 17 – 25: 18%
- 26 – 35: 32%
- 36 – 50: 33%
- 51 – 64: 12%
- 65+: 4%
- No response: 1%

Marital Status

- Married/Partner: 73%
- Divorced: 12%
- Never Married: 12%
- Widowed: 2
- No response: 1%

Gender

- Male: 50%
- Female: 49%
- No response: 1%



Preliminary Results: Online Screening - Depression

Military Status

Military Member

- Active Duty: 34%
- Reserve: 3%
- Guard: 16%
- Retired: 8%

Family Member

- Active Duty: 22%
- Reserve: 1%
- Guard: 3%
- Retired: 2%
- Civilian Empl. 7%
- Other/No Resp. 4%

Number of Deployments

OCONUS Deployments

1 or more: 59%

CONUS Deployments

1 or more: 50%



The Military Mental Health Self-Assessment Program

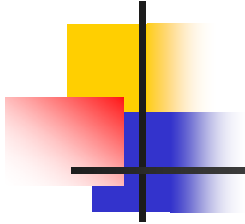
In-Person Screening

- Conducted by military bases, VA facilities and National Guard/Reserve units
- Free kit of materials for implementing health-fair style events
- Materials for 500 participants



How Community Organizations Can Help

- Provide information about the *Military Mental Health Self-Assessment Program* on your website
- Offer your own online screening and referral through your website
- Offer in-person education and screening events:



Why Screen?

- Military families face unique and severe stressors
- Increased drinking, anger, inability to concentrate and hopelessness indicate serious but treatable problems
- Identify and help those with symptoms take the first step towards evaluation and treatment
- SMH screenings are implemented annually by more than 3,000 health and social service providers
- Nearly 300,000 screenings completed last year



Why Screen?

- Not all returning veterans and their families will be reached by the Military Mental Health Self-Assessment program
- National Guard and Reserve members returning to civilian jobs may be most easily reached through community programs
- SMH programs are available to community-based organizations so that you may identify and help these service members and their families



In-Person Screening Events

- Health-fair style education events conducted by your clinician(s) and staff
- Your organization receives a kit of promotion and implementation materials
- SMH provides customizable PR templates (news release and PSA) to help you reach returning veterans and their families



In-Person Screening Kit

Screening Kit Includes:

- Implementation and Promotion Guide
- Screening Forms
- Educational Brochures
- Banner
- Posters
- Video





Online Screening - How it Works

- Provide 24/7, anonymous screenings through your own website
- Customize the “welcome” and referral messages
- Use your own logo and banner
- Create a unique look and feel for your organization



Online Screening - How it Works

- Users get immediate results
- Referred back to your organization and community resources for evaluation/treatment
- Real time reports are available to you 24/7 through an **"Administration Module"**

Online Screening – Sample Questions



SMH Online Screening Program *Depression Screening*



Depression Screening Questions

The depression screening questions are presented below. Select one option in each question that comes closest to your answer. When you've completed the questions, click the "Submit" button below to view your results. You will then have the opportunity to provide us with feedback on the screening tool.

Over the past two weeks, how often have you:

1. Been feeling low in energy, slowed down?

- ☐ For none or little of the time
- ☐ For some of the time
- ☐ For most of the time
- ☐ For all of the time

2. Been blaming yourself for things?

- ☐ For none or little of the time
- ☐ For some of the time
- ☐ For most of the time
- ☐ For all of the time



SMH Online Screening Program Administration Module

Summary Depression Report (Demo): 1/1/2005 to 12/31/2005

	Count	Percent	Severity of Depression (%)		
			Unlikely	Likely	Very Likely
Total of completed survey	140	100%	43.57%	42.86%	13.57%
Age					
18-25	16	11.43%	31.25%	43.75%	25.00%
26-35	29	20.71%	20.69%	62.07%	17.24%
36-50	57	40.71%	57.89%	35.09%	7.02%
51-64	28	20.00%	50.00%	50.00%	0.00%
65 and above	1	0.71%	100.00%	0.00%	0.00%
No Response	9	6.43%	22.22%	11.11%	66.67%
Total	140	100.00%			
Gender					
Male	46	32.86%	52.17%	39.13%	8.70%
Female	86	61.43%	40.70%	48.84%	10.47%
No Response	8	5.71%	25.00%	0.00%	75.00%
Total	140	100.00%			
Marital Status					
Married/Partner	79	56.43%	53.16%	37.97%	8.86%
Divorced	22	15.71%	31.82%	59.09%	9.09%
Never Married	31	22.14%	32.26%	54.84%	12.90%
Widowed	0	0.00%	0.00%	0.00%	0.00%
No Response	8	5.71%	25.00%	0.00%	75.00%
Total	140	100.00%			

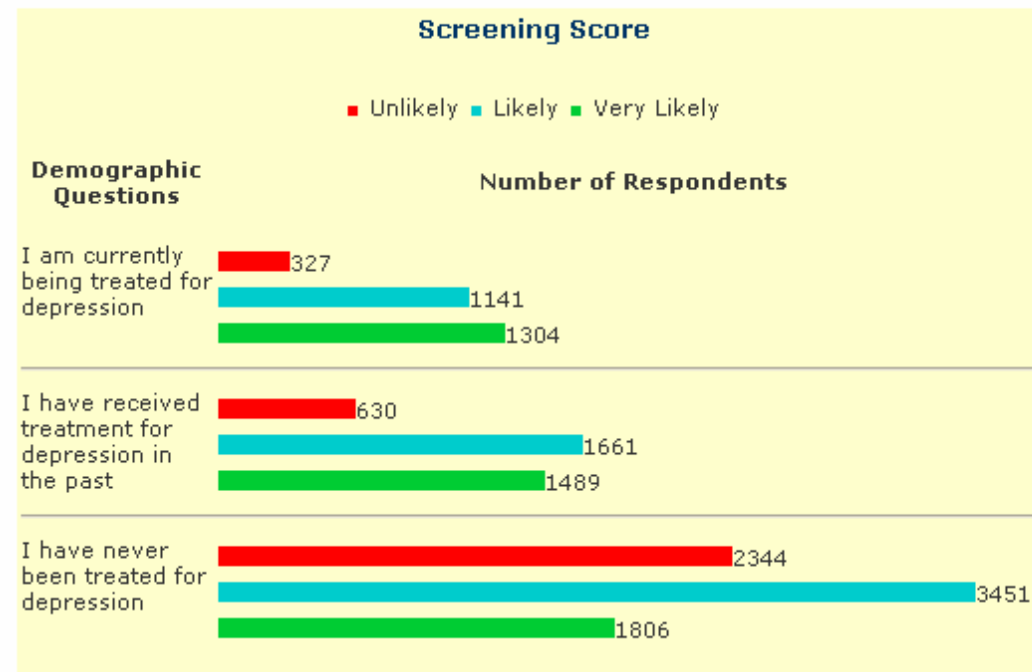


SMH Online Screening Program Administration Module

Summary Status: Depression Report

Demographic Question: **Please explain your depression treatment history**

Screening Question: **Screening Score**



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Benefits for Veterans and Their Families

Self-Directed, Proactive, Preventive

- Non-threatening format guides individuals to identify their own symptoms and access assistance
- Problems are detected before becoming urgent
- Direct connection to treatment system



How Can Community Organizations Participate?

To register for SMH screening programs:

- Fill out the form provided at this workshop and return to SMH
- or
- Contact Anne Keliher at (781) 239-0071 or Military@MentalHealthScreening.org